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Consumer Highlights

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Take The Fiber Quiz

We all know we need to put more fiber in our diets. Fiber is generally not a fun subject as who wants to discuss regularity? Well, now there is exciting research on fiber showing that the type of fiber in wheat bran and whole grains (insoluble fiber) helps prevent cancer. Further, the type found in oats and beans (soluble fiber) can lower your cholesterol. Oatmeal anyone? Here are some fun quizzes to help you learn about fiber.

Take the Quiz!

Directions:

1. Match the questions with their correct answers.
2. Add "getting more fiber" to your New Year's resolutions for 2002!

Questions:

1. How much fiber should adults get each day? _____
2. How much fiber do most adults actually get per day? _____
3. How much fiber do kids need a day? _____
4. How much soluble fiber should you get each day to lower your cholesterol? _____
5. How much oatmeal do you need to eat daily to lower your cholesterol? _____

Answers for questions 1-5:

- a. 5 plus the age
- b. 1½ cups cooked
- c. 14-15 grams
- d. 25-35 grams
- e. 10-25 grams

Questions: How much fiber do each of these contain?

6. One serving of most fruits and vegetables _____

7. 1/2 cup beans, such as kidney, navy and pinto _____
8. 1 cup brown rice _____
9. Wheat bran cereals _____
10. 1/2 cup green peas _____

Answers for questions 6-10:

- a. 4-8 grams
 - b. 10 grams
 - c. 4 grams
 - d. 3 grams
 - e. 1-3 grams
11. Which is a benefit of soluble fiber:
 - a. Lower blood sugar
 - b. Lower cholesterol
 - c. Normalize bowel function
 - d. Makes you feel full
 - e. They all are benefits

Correct Answers:

1. d, 2. c, 3. a, 4. e, 5. b, 6. e, 7. a,
8. d, 9. b, 10. c, 11. e.

Easy Ways to Increase Fiber Intake:

- Replace up to 25% of the flour in your baked goods recipes with oat bran.
- Add 1 cup of mashed garbanzo beans to 2 pounds mashed potatoes.
- Sprinkle rolled oats over top of yogurt or fruit.
- Eat whole wheat pasta instead of white pasta. If you use a thick, rich sauce, you will hardly notice the difference. Make sure you don't overcook the whole grain pasta.
- Use brown rice instead of white rice.
- Use 100% whole wheat bread instead of white bread.
- Leave the peels on potatoes, apples and pears.
- Try to serve beans at least 2-3 times per week. Make a tasty soup using canned or dried beans; add beans to casseroles, salads or pasta dishes; make a vegetarian chili.

Pilers...And Filers...And Timers, **Oh My!**

"How do you get it all done?" is a question you may frequently ask yourself. "I don't get it all done at once: I get it done EVENTUALLY." A handy little gadget that helps both pilers and filers manage their individual priorities in "getting it all done" is a good, old-fashioned kitchen timer. One technique to help you may be a kitchen timer. People generally are either "pilers" or "filers."

Pilers and filers use timers differently. A filer uses a timer much like a person timing a sprinter with a stopwatch. She assigns herself a task, gives herself a certain amount of time for her task, then sets her timer. Mark-set-go! The object of the game is to **FINISH** the job **BEFORE** the timer goes off.

Pilers, being people who operate with an entirely different half of the brain, either hate timers or learn to use them in modified ways. Races-R-Not-Us. Instead, we choose a task, set the timer, and proceed. When the timer goes off, even if we haven't finished the task, we're done for the day with that task. We try again and get a little more done.

For example, you might set aside 30 minutes a day for organizing or maintenance: no more, no less. Pick a project, set the timer, and tackle a closet, or pile of paper, or clean out the fridge, etc. If the timer goes off and you're not done, tomorrow pick up where you left off. The object of the game isn't to get the job done before the timer goes off, but simply to make progress on the job until it's eventually done.

Maybe it sounds strange to not finish something when it's started, but it depends on the task. If paying bills - finish the project. But efficiency isn't always better or even necessary for a lot of other things, such as decluttering, organizing, and chasing dust bunnies.

Volunteering And Your Health

Community involvement is one of the keys to successful aging. Studies have shown that older adults who volunteer live longer than their peers who don't volunteer. To get connected as a volunteer:

- *Determine what your interests are* — Consider what skills and strengths you have to offer. Is there a particular issue that you care strongly about? Would you like an experience where you learn something completely new? You might consider reaching beyond your local community. Perhaps you're interested in a volunteer vacation abroad where you'll not only help others but also experience a new culture.
- *Familiarize yourself with volunteer organizations* — A visit to your local library may provide you with information about volunteer opportunities in your area as well as beyond.
- *Determine how much time you have to offer* — Are you more likely to find time for short-term events, such as fund-raising walks, runs or bike rides? Or would an ongoing commitment, such as tutoring in schools or delivering meals to the homebound, be more suitable for you?
- *Make your move* — Phone or visit the organization you have in mind to see if you and the organization are a good fit.

Consider volunteering with the Extension Office — Lots of opportunities...helping with events, office help, volunteer teaching, 4-H, FCE and more. Call today 623-3868 or 939-1259, ext. 1360.

Family and Consumer
Sciences Hotline – 9/01

Crock Pot Tips

Many of your favorite recipes can be successfully adapted to the Crock - if you follow a few simple rules. Here you'll find a basic time/temperature guide for converting recipes, some do's and don'ts for specific ingredients and a few tips for making your crock pot dishes more flavorful.

*Crock-Pot® is the registered trademark of the [Rival Company](#). You'll also find it called crockpot, crockery cooker, crock pot, or slow cooker in many recipes. Some "slow cookers" heat from the bottom and have a wider range of temperature settings. They can be used for most recipes, but best results are obtained with a crockery type cooker.

Time Guide

Conventional Recipe	Low (200°)	High (300°)
15 - 30 min	4 – 6 hrs	1½ - 2 hrs
35 – 45 min	6 – 10 hrs	3 – 4 hrs
50 min – 3 hrs	8 – 18 hrs	4 – 6 hrs

Ingredients

Vegetables

Dense vegetables like potatoes, carrots, and other root vegetables should be cut no larger than 1" thick, and placed in the bottom of the pot, since they take longer to cook.

Liquids

Usually liquids may be decreased in slow cooking - about half the recommended amount. Unless the dish contains rice or pasta, one cup of liquid is usually enough.

Pasta and Rice

If a recipe calls for cooked pasta to be added, cook it until just slightly tender before adding to the pot. Add 1/4 extra liquid per 1/4 cup uncooked rice, and use long grain converted rice for the best results. For long-cooking recipes, add cooked rice shortly before serving.

Beans

I find it best to soak beans overnight before cooking them in the crock pot. The Rival brochure recommends pre-soaking then boiling for at least 10 minutes in unsalted water, draining, then add to the recipe. Before adding sugar or acidic ingredients, the beans should be softened first, either in the slow cooker or on the stove top. If your recipe includes tomatoes, salt, or other acidic ingredients, the beans should be tender before beginning. Someone wrote recently that instead of pre-soaking, she cooks her beans (in the crockpot) on low for about 8 hours through the night in water with a little baking soda. In the morning, she drains the beans, adds the ingredients with fresh liquid, then cooks per recipe directions. Cooking times might be shorter using this method.

Herbs and Spices

Ground herbs and spices tend to dissipate over long cooking times, so it's best to add them near the end of

cooking. Whole herbs release flavors over time, so are a good choice for crockpot cooking. You should taste and adjust seasonings, if necessary, before serving.

Milk/Cheese

Milk, sour cream, and cream break down over long periods of cooking, and should be added during the last hour. Condensed cream soups are good substitutions for milk and can be cooked for extended times. "Healthy," or reduced fat cream soups can be used in any recipe as a substitute.

Cheeses don't generally hold up over extended periods of cooking, so should be added near the end of cooking, or use processed cheeses and spreads.

Soups

Add water only to cover ingredients in soup, and add more after cooking if necessary for a thinner soup. For milk based soups, add 1 or 2 cups of water and during the last hour, stir in milk, evaporated milk, or cream as called for.

Preparation

Over long cooking, some dishes may lack flavor, but some extra preparation steps can be worthwhile. Though it isn't necessary to brown most meats first, flavor is often enhanced by browning, and fat is decreased. Dredging meat or chicken in flour, browning, then deglazing the pan with wine, a little vinegar, or broth and adding that to the pot can make quite a big difference in flavor. For the best color and texture, ground beef is best browned before using, except in meatloaf or other similar dishes. To

simplify preparation, brown ground beef, drain, and freeze in batches for your crockpot meals.

To make a flavorful sauce or gravy from your cooking liquid, first make a roux of flour and water (roughly 1 tablespoon of each for each cup of liquid) in a medium saucepan. Skim the fat from the cooking liquid in the slow cooker then add the liquid to the roux. Simmer, stirring, until the sauce is thickened and reduced. Serve with or over meat and/or vegetables. You can also add cornstarch dissolved in water (1 or 2 tablespoons cornstarch to 2 or 3 tablespoons cold water, depending on how much liquid you have) directly to the slow cooker near the end of cooking to thicken the liquids.

Southernfood.about.com

Ten Tips For Staying Lean

What's the best way to stay lean? There are no magic bullets, despite the bold (or merely sneaky) claims on weight-loss supplements. But there are some fascinating possibilities on the horizon.

Researchers at Laval University in Quebec, for example, recently found that when people are fed an appetizer of chausson (a savory pastry) and a red sauce with capsaicin—the stuff that makes red chili peppers hot—they eat about 200 fewer calories over the next three hours than when the sauce has no capsaicin.

"But so far we've only tested it in lean individuals under laboratory conditions," says Laval's Angelo Tremblay.

Until researchers know more, here are some new (and some old) strategies

that may give you a fighting chance to win the battle of the bulge.



Curb calorie density

Does fat make you fat? For years, popular diet books assured the chubby masses that a low-fat diet was the key to weight loss. They were right...and wrong.

"Our research shows that it's calorie density—not fat—that determines how many calories people eat," says Susan Roberts of the Jean Mayer U.S. Department of Agriculture Human Nutrition Research Center on Aging at Tufts University in Boston.

"When we kept calorie density constant, people on the high-fat diet ate no more calories than people on the low-fat diet," says Roberts.



Shrink your servings

"When people were served larger portions of lasagna, they ate more than when they were given smaller portions and allowed to get up for more," says Tufts's McCrory.

That's what happened in single-meal studies done decades ago. More recent studies show that when people are given larger amounts of "hedonistic" foods like M&Ms, they eat more than people who are given smaller amounts.

The nation is proving those studies right. "Serving sizes in restaurants have gotten bigger."

And it's tough to change. "People become accustomed to large amounts, so if they're served a normal portion they feel cheated."



Limit (some) choices

"Eat a variety of foods," says the government's *Dietary*

Guidelines for Americans, the American Dietetic Association, and others.

But variety may be the dieter's enemy. "If people are offered three different kinds of sandwiches, they'll eat more than if they are given three of the same sandwich," says McCrory.



Curb liquid calories

Ate more than you should have? No problem. You'll just eat less later.

That's more likely to happen if the extra calories you ate came from solid rather than from liquid foods, says Richard Mattes of Purdue University. "Liquid calories don't trip our satiety mechanisms," says Mattes. "They just don't register."

A recent analysis of a national survey jibes with his findings. "The more (non-diet) sodas children drink, the more calories they consume," he notes. The solution: "Use beverages that have no calories," Mattes suggests. "Or limit calorie-containing beverages. Don't drink them all day long or in large quantities."



Make movement part of your life

We have more-sedentary jobs, more cars, more computers, more

televisions, and more labor-saving conveniences. Is it any wonder that we also have more stores that specialize in big sizes?

The answer: Get moving. And that doesn't necessarily mean tennis or bicycling. Gardening, raking leaves, mowing the lawn, and washing windows also count.

"Overweight people are more amenable to increasing lifestyle activities—like using the stairs or parking farther away from the mall—than going to the gym," says Thomas Wadden, an obesity expert at the University of Pennsylvania. And people who boost their lifestyle activity are just as successful at keeping the weight off as people who participate in formal exercise programs.



Keep moving to keep from gaining

Exercise doesn't make much difference when you're trying to lose weight. "Fairly strenuous exercise—30 to 40 minutes three or four times a week—produces only a two to six pound weight loss over six months," says Wadden.

It's not weight *loss*, but weight *maintenance*, that gets easier when people exercise. "If you find 100 people who have kept the weight off, 90 of them are likely to be exercising enough to burn more than 1,500 calories a week," says Wadden.



Break it up

Note to busy folks: People who exercise in shorter bouts may be more likely to stick with the program.

"If you tell people they have to exercise for 40 minutes a day and warm up and cool down, some say they don't have 40 minutes and that's the end of it," says Wing.

"But if you say, 'try to find ten minutes four times a day,' they say, 'OK, maybe I can do ten minutes after my lunch break or while I'm waiting for the pasta to cook.'" And even if they don't squeeze in all four bouts, they may get in two or three.



Find a friend

For many people, eating less and exercising more is easier if they don't go it alone.

"It's an old strategy," says Rena Wing. "In some early weight-loss studies, they put people at a worksite on different teams to compete against one another. It works because the people on the team support each other and the competition is fun."

In her recent study, people who chose to join a weight-loss program with three friends or family members lost more weight than those who joined alone.



Set realistic goals

How much weight can you expect to lose? A few years ago, Tom Wadden and colleagues asked 60 obese women—they averaged 218 pounds—their "goal weight," "dream weight," "happy weight," "acceptable weight," and "disappointed weight."

After 48 weeks of treatment, the women lost an average of 35 pounds...slightly less than their "disappointed" weight

loss (37 pounds). Half never even lost that much. Almost all fell far short of their “acceptable” weight loss (55 pounds).

“Most people have unrealistic expectations,” says Wadden.

“People can typically reduce their weight by 10 to 15 percent with the best behavior-modification programs. If you try to lose 20 or 30 percent, you’re likely to regain the weight.”

The body seems to defend its weight, he adds. “But there’s a certain amount of wiggle room.” Go beyond it and you set yourself up to fail.

“Satisfaction is comparing what you expect and what you get,” says Wadden. “If you keep ratcheting up your expectations, you’ll get dissatisfied and quit.”



Think healthy, not just skinny

Diet sodas, Wow chips, and artificially sweetened candy bars may help you cut calories, but healthy they’re not.

Each time you chew on a high- or low-calorie candy bar you miss a chance to swallow some phytochemicals neatly packaged in a wedge of watermelon or a handful of berries.

Skinny isn’t the only point of exercise, either. You can be fit *and* fat...if you move enough. “When we looked at overweight men as a group, they were less physically fit and had the highest death rate,” says Steven Blair of the Cooper Institute of Aerobics Research in Dallas.

“But when we looked separately at the overweight men who were fit, we didn’t see much increase in dying.” The same probably holds for women. To be fit, you have to accumulate at least 30 minutes of moderate-intensity activity most days.

Nutrition Action Health
Letter – 7/99

Questions And Answers About Series EE Patriot Bonds

Q. What are Patriot Bonds?

A. Patriot Bonds are Series EE savings bonds purchased through financial institutions or over the Internet at the Savings Bonds Direct website. Bonds bought this way will be specially inscribed with the words Patriot Bond.

Q. Where can I buy Series EE Patriot Bonds?

A. You can place an order at any of thousands of financial institutions serving as savings bond agents nationwide. If you are interested in buying Patriot Bonds, it might be a good idea to contact your bank or thrift to ask if they offer savings bonds. On line buyers can order via Savings Bonds Direct at www.savingsbonds.gov

Q. When will the Patriot Bond be available?

A. The Patriot Bond legend will be inscribed on Series EE bonds beginning December 11, 2001 and will continue indefinitely.

Q. How do I buy a Patriot Bond?

- A. It's easy. All you have to do is order a Series EE bond at your financial institution or over the Internet at www.savingsbonds.gov and the bond you receive in the mail will be a Patriot Bond.

Q. Why is Treasury designating these Series EE bonds as Patriot Bonds?

- A. Many Americans expressed a desire to express their support for the rebuilding and war efforts. The Patriot Bond is one way they can do so.

Q. Will the money I invest in Patriot Bonds be earmarked to pay for the War on Terrorism?

- A. No. While the proceeds from the sale of all Treasury securities, including Patriot Bonds, are deposited in the general fund and spent according to law, the funds will contribute to the recovery and war efforts.

Q. What denominations are being offered and how much do they cost?

- A. The denominations are: \$50, \$75, \$100, \$200, \$500, \$1,000, \$5,000, and \$10,000. The purchase price is: one-half the face amount. For example, a \$100 Patriot Bond costs \$50.

Q. Can I buy a Patriot Bond as a gift?

- A. Yes. Like all savings bonds, every Patriot Bond has to bear a Social Security Number (SSN) for record-keeping purposes but if you don't know the SSN of the person you're

buying the bond for, you can use your own. If you want to deliver a gift bond in person or mail it with a personal message, you should have the bond mailed to yourself.

Q. How does the Series EE, Patriot Bond work?

- A. Series EE savings bonds are U.S. Treasury securities that earn 90 percent of market yields on 5-year Treasury securities. Bonds increase in value every month, and interest is compounded semiannually. You can cash your bond after six months. Bonds cashed before they are five years old are subject to a 3-month interest penalty. EE bonds stop earning interest at 30 years.

Q. What about taxes on the interest earned?

- A. Series EE bonds are free from State and local income taxes. Federal tax on interest earned can be deferred until you cash a bond or it reaches its 30-year maturity, whichever happens first.

Q. Why can't I buy Patriot Bonds through my company's payroll savings plan?

- A. The centralized process we use to inscribe bonds bought through financial institutions made it possible to make the special Patriot Bond legend available quickly. By purchasing bonds through a financial institution or at the Savings Bonds Direct website Americans can make a positive expression of their support for the recovery and war effort. Bonds bought through payroll savings plans are processed by many different organizations using a

variety of inscription techniques precluding Treasury from being able to offer the special legend for payroll customers.

Q. How can I find out more about the Series EE Patriot Bond?

- A. Visit www.savingsbonds.gov or ask your financial institution for more information.

Department of the
Treasury Bureau of the
Public Debt – 12/01



Gardener's Corner

Poinsettia Post-Holiday Care

When the poinsettia's bracts age and lose their beauty, there's no reason to throw it out. With proper yearlong care, you can re-bloom your poinsettia for next Christmas.

Continue normal watering after the holidays, moist but not too wet. Be sure to keep the poinsettia in a sunny window or a place with the most available sunlight. Poinsettias are a tropical plant, and in their native territory grow in full sun. Place your plants outdoors after all chance of frost has passed and night temperatures average 55° F or above.

By late March or early April, cut your poinsettia back to about 8" in height. Continue a regular watering program,

and fertilize your plant with a good, balanced all-purpose fertilizer. By the end of May, you should see vigorous new growth.

Around June 1, you may transplant your poinsettia into a larger pot. Select a pot no more than 4 inches larger than the original pot. A soil mix with a considerable amount of organic matter, such as peat moss or leaf mold, is highly recommended. Here in Florida, you may transplant the plant into a well-prepared garden bed. Be sure the planting bed is rich in organic material and has good drainage.

Pruning may be required during the summer to keep plants bushy and compact. Be sure not to prune your plant later than September 1.

The poinsettia is a photoperiodic plant, meaning that it sets buds and produces flowers as the autumn nights lengthen.

Starting October 1, the plants must be kept in complete darkness for 14 continuous hours each night.

Accomplish this by moving the plants to a totally dark room, or by covering them overnight with a large box. During October, November and early December, poinsettias require 6 - 8 hours of bright sunlight daily, with night temperatures between 60 - 70° F. Temperatures outside of this range could also delay flowering.

Continue the normal watering and fertilizer program. Carefully following this regime for 8 to 10 weeks should result in a colorful display of blooms for the holiday season!



January Tips

- Apply a spray containing horticultural oil emulsion to fruit trees, especially peaches, plums and nectarines.
- Transplant trees and shrubs.
- Last call for transplanting some cool season annuals such as pansies, snapdragons and dianthus.
- Continue with the winter vegetable garden. Plant seeds of beets, leek, kohlarbi, parsley, English peas, radish, mustard and turnips. Establish transplants of broccoli, cabbage, cauliflower, Chinese cabbage, kale.
- January through March is the planting time for Irish potatoes in our area. Plant egg-sized cut seed pieces in rows, at a 3 to 4 inch depth and a one-foot spacing. Each seed piece should have at least two "eyes."
- Anyone who established ryegrass should follow through with good maintenance in order to have a high quality lawn. Regular mowing is required, and a couple of light fertilizations will be needed during the winter.

Wishing you successful gardening in 2002!

Dan Mullins
Extension Horticultural
Agent

Recipes

Turkey And Wild Rice Soup

Designed with the busy mom in mind

3 cans condensed chicken broth
2 c. water

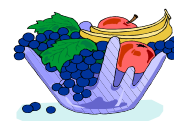
2 boxes Rice-a-Roni Long grain and Wild Rice with Herbs (Original)[®]
½ c. margarine
¾ c. flour
½ tsp. salt
¼ tsp. poultry seasoning
⅛ tsp. pepper
2 c. half-n-half
1½ c. cooked turkey meat
8 slices bacon, optional
1 Tbsp. pimento, optional
2 -3 Tbsp. dry sherry

In Dutch oven, combine the chicken broth and water. Add the rice and seasoning packets and bring to a boil. Reduce heat and cook until rice is tender, about 25 minutes. In another saucepan, melt the margarine; stir in flour, salt, poultry seasoning and pepper. Cook one minute, stirring constantly, until smooth and bubbly. Gradually stir in half-n-half and cook until slightly thickened. Slowly add the half-n-half mixture to the rice mixture, stirring constantly. Add the remaining ingredients. Heat gently. Do not boil.

Stained Glass Salad

3 medium bananas
1 (20 oz.) can pineapple chunks, drained and chilled
1 (15 oz.) can mandarin oranges, drained and chilled
1 (10 oz.) pkg. frozen sliced strawberries, thawed
1 can peach pie filling

Slice bananas. Add chilled pineapple chunks, oranges, strawberries, and pie filling. Mix to blend. Store in refrigerator.



Chinese Beef And Pea Pods

Sincerely,

- 1 (1 to 1½ lbs.) flank steak
- 1 (10½ oz.) can condensed beef
consommé
- ¼ c. soy sauce
- ¼ tsp. ground ginger
- 1 bunch green onions, sliced
- 2 Tbsp. cornstarch
- 2 Tbsp. cold water
- 1 (7 oz.) pkg. frozen Chinese pea pods,
partially thawed

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LKB:etc

Thinly slice flank steak diagonally across the grain. Combine strips in slow-cooking pot with consommé, soy sauce, ginger and onions. Cover and cook on low for 5 to 7 hours. Turn control to high. Stir in cornstarch that has been dissolved in the cold water. Cook on high for 10 to 15 minutes or until thickened. Drop in pea pods the last 5 minutes. Serve over hot rice. Makes 4 to 5 servings.